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8 Efficient Ways to Prevent Summer Bummers



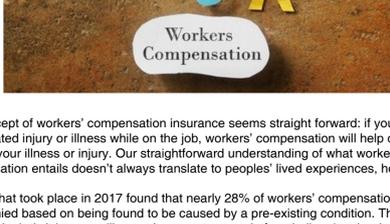
Nothing says "summertime" quite like the thought of going on a road trip or planning a leisurely bike ride. As you start thinking about your future adventures this summer season, this is your reminder to keep safety in mind! A quick way to ruin any adventure is to be underprepared for accidents and emergencies.

Prepare for your next trip by car or bike

1. Start by scheduling a tune-up for your motor vehicle or bike with a local repair shop. Ask them to check brakes and tires, to make sure they're not worn out or worn down.
2. Look at your safety gear, like headlights, seatbelts, or bike helmets - make sure they still work and fit securely.
3. Always pay close attention to signs and posted regulations on roads and trails per the [Ohio Department of Public Safety](#) - you never know what might have changed since the last time you visited!
4. Make sure your high-visibility gear is still highly visible - this can be done easily by shining a flashlight onto its reflective surface in a dark room.
5. Top off all fluids and lubricants in your motor vehicle - these are especially important in the summer season to help keep your engine cool and lubricated.
6. Keep your tires inflated to the appropriate levels: an over-inflated tire can prematurely cause tread wear or a blow out; similarly, an underinflated tire heats up more quickly and can also lead to a blowout.
7. Maintain a comfortable environment inside your motor vehicle - it's just as important to have a clean and clear vehicle as it is to have a vehicle with a working AC unit to prevent fatigue and heat exhaustion.
8. Put together an emergency kit containing water, non-perishable food items, a flashlight with an extra pair of batteries, jumper cables, road flares, or an emergency beacon, a first aid kit, and basic hand tools.

Staying cautious and alert out on the open road can certainly help you avoid summer bummers like breakdowns or flat tires, but accidents can still happen. You'll be glad you were so prepared if anything happens, so get ahead of the game while it's fresh in your mind!

Did I Sabotage My Workers' Comp Claim?



The concept of workers' compensation insurance seems straight forward: if you suffer a work-related injury or illness while on the job, workers' compensation will help cover the costs of your illness or injury. Our straightforward understanding of what workers' compensation entails doesn't always translate to peoples' lived experiences, however.

A study that took place in 2017 found that nearly 28% of workers' compensation claims were denied based on being found to be caused by a pre-existing condition. The majority of those denied claimants still wound up compensated after challenging the denial, but only after a stressful and lengthy process to appeal it. Unfortunately, many people will not know how to avoid sabotaging their workers' compensation claims in the first place, let alone knowing where to start if their claim is denied! That's where our skilled attorneys at Heller, Maas, Moro, and Magill, Attorneys at Law, come in with their expertise.

The most common reasons why your workers' compensation claim was denied:

- The injury was found to not have happened at work.
- The claimant didn't notify their employer within the required time, nullifying their claim.
- The claimant was found to be intoxicated or under the influence of drugs at the time of the injury.
- The injury or illness wasn't treated by an approved medical provider.
- The claimant never actually received medical treatment for their illness or injury, or the documentation provided was incomplete or insufficient.
- Some or all the necessary documentation was not filed and sent to the appropriate parties promptly.
- The injury or illness was found to be the result of horseplay, roughhousing, or a practical joke in the workplace.
- The injury or illness was found to be related to or caused by a pre-existing medical condition or previous injury.
- The employer of the claimant is seeking to dispute the claim.
- The claimant did not enlist the help of an attorney who specializes in workers' compensation.

Receiving the news that your workers' compensation claim was denied isn't the end of the road. Mistakes can happen and the process can sometimes work against you, such as the "approved medical provider" potentially downplaying the severity of your injury or illness. Denials aren't always accurate, and you're entitled to further investigation of your claim.

If you believe that the reason for your denied workers' compensation claim is incorrect or misinformed, don't wait before seeking help from an experienced attorney at Heller, Maas, Moro, and Magill, Attorneys at Law in Ohio. From workers' compensation, to social security disability, VA benefits, and personal injury - our highly skilled team is here to help. Contact us today at (330) 792-6611 for your initial free consultation from the comfort of your home.

Recipe of the Month Chicken and Bulgur Salad with Peaches



Fresh, seasonal, and light, this is a great meal for summer appetites. Bulgur, a quick-cooking whole grain, is perfect for time-crunched weeknight cooking. You can also substitute quinoa or whole-wheat couscous.

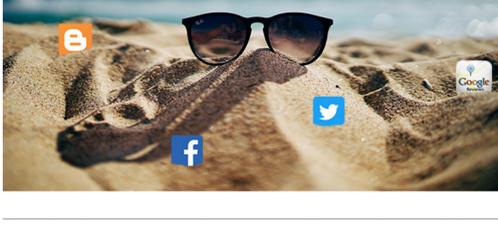
Ingredients

- 1 1/3 cups water
- 2/3 cup bulgur
- Cooking spray
- 1-pound chicken breast cutlets
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon black pepper
- 4 cups packed arugula
- 2 cups halved cherry tomatoes
- 2 cups sliced fresh peaches
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons rice vinegar

How to Make It

1. Bring 1 1/3 cups water and bulgur to a boil in a small saucepan over high. Reduce heat to medium-low, cover and simmer 10 minutes. Drain and rinse under cold water. Drain well; let dry on paper towels.
2. Meanwhile, heat a grill pan coated with cooking spray over high. Sprinkle chicken with 1/2 teaspoon salt and pepper. Grill chicken, turning occasionally, until done, 6 to 7 minutes. Remove to a cutting board. Let stand 3 minutes. Slice against the grain into strips.
3. Place bulgur, arugula, tomatoes, and peaches in a large bowl. Add remaining 1/2 teaspoon salt, oil, and vinegar; toss to coat. Divide mixture among 4 plates; top evenly with chicken.

Recipe courtesy of [CookingLight.com](#)



What's Happening in & Around Youngstown Warren, Salem, Akron, Ravenna

The COVID-19 pandemic has caused many large events to be cancelled or postponed. To ensure public safety, we would like to encourage you to enjoy some socially distant outdoor activities in your area.

[Heaven Bound Ascensions](#)

[J-Bar Stables](#)

[Midway Drive-In Theater](#)

[Burning River Adventures](#)

[Wilbeth Road Trailhead](#)

[Gentle Breeze Hot Air Balloon](#)

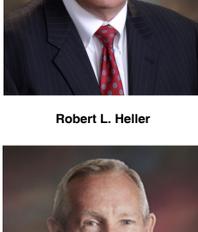
[Mill Creek Park](#)

[Akron Zoo](#)

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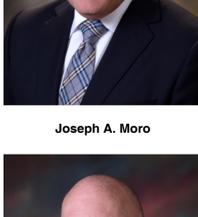
Meet Our Attorneys



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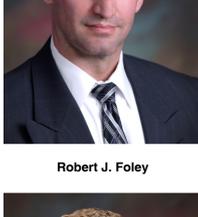
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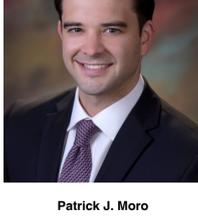
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